Simplyhealth Great North Run

From modest beginnings in 1981, the Great North Run will be celebrating its 40th anniversary in 2020. It is not a year to miss!

The 13.1 mile route starts in Newcastle city centre before heading along the River Tyne and across the iconic Tyne Bridge. (At this point, if the timing is right, runners can catch a glimpse of the Red Arrows team passing overhead!) From the Bridge, the route passes through Gateshead and up to the top of Prince Edward Road, where the view of the sea at South Shields provides one of the most welcoming and memorable experiences for the runners as they make their way down the final straight towards the finish gantry, amidst the supporting cheers from thousands of spectators.

The route requires energy, commitment and a positive attitude, but the spirit of your fellow runners and the encouragement of the crowd will help keep a spring in your step.

As you make your way along the route, bands play music to motivate and entertain you. You will pass charity cheering points, drinks stations and shower points, everything you need to get you to the finish. Finally, after you’ve collected your medal you can make your way to the Meningitis Now tent in the Charity Village to meet fellow runners and celebrate with family and friends for a well-deserved drink and leg massage.

£200 supports a day of research into the next generation of lifesaving vaccines
Join Team Tangerine today

If you would like a place in Team Tangerine for Great North Run 2020, all you need to do is pay a £25 non-refundable registration fee and pledge to raise a minimum of £300 in sponsorship.

What’s included?

- An invitation to our post-race reception in the official Great North Run Charity Village to celebrate with family and friends, drinks and snacks and a well-deserved leg massage
- Your own personalised technical running vest posted to you six weeks before the event
- Training plans, dietary tips and fundraising support from one of our dedicated Events Fundraisers
- Access to a wealth of fundraising knowledge and free fundraising material

Event requirements

- You must be at least 17 years of age on race day
- You must register your own details on the official Simplyhealth Great North Run Database, details of which will be emailed to you
- Previous running experience is not mandatory, but you must be prepared to dedicate the time and effort to train
- Successful applicants will be asked to pay a non-refundable, non-transferable £25 registration fee to secure a place on the team
- The minimum fundraising pledge is £300 per person. You must commit to honouring your fundraising target

£50 FACT
pays for one hour of professional counselling to help someone with a personal experience of meningitis to move forward

Register your interest in a place online at www.meningitisnow.org/gnr
Call Kirsty Owen-Hayward on 01453 769 021 or email KirstyO@meningitisnow.org for more information.
Why support Meningitis Now?

We put people at the heart of everything we do. We exist to save lives and rebuild futures by funding research, raising awareness and supporting people affected by meningitis.

Did you know ...

- We estimate that there are around 8,000 cases of viral and bacterial meningitis in the UK each year
- Following bacterial meningitis, 1 in 10 will die
- Around one person in every three who survives bacterial meningitis is left with one or more after-effects
- After-effects can include deafness, acquired brain injury, limb loss and emotional difficulties

Meningitis Now is tirelessly working towards a future where no one loses their life to meningitis and everyone affected receives the support they need. With the help of our supporters, the charity is continuing our fight to save lives and help people affected by the disease through research, support and awareness.

By taking part in the Great North Run, you can help aid our fight against this dreaded disease.

TOM’S STORY


“I’ve always been a bit of a runner, but mainly only running for fun, for fitness or just to clear my head. Signing up for the an organised race like the famous Great North Run therefore gave me a slight feeling of trepidation. I was also mindful of all those elite and club runners who would be running at a speed that I would consider a sprint. But in the end, it was an amazing day.

I had to get up at 6am, and walk into the centre of Newcastle from my hotel near Byker Grove, but as you approached the heart of the city, the sense of excitement was palpable. There were runners everywhere, milling around the university campus and beneath the towering St James’ Park. And then you discover the race sets off from a closed-off dual carriageway! But the sun was shining, and everything about the race organisation was easy – like leaving your belongings on a designated bus, ready to collect at the end.

Before you know it, you’re off – alongside forty-odd thousand other runners. People had said it was a ‘friendly race’, and it is true. The streets are lined with friendly faces, including whole families who have decamped their front room onto the verge in order to cheer on the runners. I must have consumed a barrowload of sweets, ice lollies, orange slices – all handed to you by spectators. Even beer was on offer, for the (fool?) hardy.

And what was the race like? Well, the crowd carry you along, as you follow the route from Newcastle to South Shields. Crossing the iconic Tyne Bridge is impressive at the best of times, and even better when you’re running. On the day, it was hot, and you end up weaving in and out of your fellow runners. But before you know it, you’re in South Shields. Somehow, I had timed my race to see the Red Arrows fly by, although the breeze off the North Sea made the last stage a little harder. And then you finish! Easy – honest! And off to the Meningitis Now tent for tea, sandwiches and a leg rub, and warm congratulations from the MN team. Would I recommend it? Yes! An amazing experience from start to end.”
We are here to help you - FAQs

What will you do to support me as I prepare?
Everyone registered receives:
• A Meningitis Now fundraising pack
• Training and dietary tips
• Access to the Meningitis Now training hub
• Fundraising support and guidance
• Free personalised technical running top
• An invitation to our post-event reception for refreshments and a free massage

How will I raise the £300 minimum pledge?
It’s okay to feel a little anxious about raising this amount, but don’t worry! Once you get started, fundraising has a habit of gathering speed and most people are usually pleasantly surprised at others’ generosity. In addition to setting up a Virgin Money Giving or Just Giving page, our most successful fundraisers often use a variety of methods to put the fun in fundraising, such as organising cake sales, fancy dress days and other exciting activities. As part of our team, you’ll have access to all of our fundraising materials and we’ll help you in any way we can to make your event a roaring success.

What happens if I can’t raise the pledged amount?
You need to think carefully about how you will raise the amount. Your signed pledge is a commitment to raise money. There are many costs involved in running the event and, as a charity, we need to ensure we not only raise as much as possible for those we support, but also cover our costs.

Remember, we are here to help and won’t leave you on your own. Whether you need fundraising advice or experience unforeseen difficulties, please let us know as soon as you can so that we have an opportunity to help.

What is Gift Aid and is it included in my fundraising total?
Gift Aid is a scheme that can make your sponsors’ donations worth more. For every £1 that is given to Meningitis Now, we can claim an extra 25p from HMRC, so please encourage your donors to tick the ‘Gift Aid It’ box and make sure that they have filled in their full home address and postcode.

Unfortunately, the tax claimed on Gift Aid donations can’t be used towards your fundraising target, as the payment from HMRC can’t be guaranteed.

What if I am injured and unable to take part?
If you pick up an injury or find yourself unable to run for any reason, please let us know immediately; you won’t be obliged to raise the pledged minimum, but your registration fee is non-refundable. If sponsors have given you money, you must contact them and offer to return it, although often people are happy to donate.

It can be really frustrating to put effort into training and preparing for an event and then be unable to take part, but if you are ill or injured, you should not put yourself at further risk. While we can’t always guarantee you a place next year, we will take your circumstances into account if you wish to reapply.
We hope to welcome you to our team!

Find out more today:

01453 769 021
KirstyO@meningitisnow.org
www.meningitisnow.org/gnr